

https://youtu.be/nNFYG-Nli3s?si=SNEli6VG_ZyWHG7

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Workout Smarter, but not harder, what such, exactly, does that mean?

<https://www.goarmy.com/how-to-join/requirements/fitness>

https://youtu.be/nNFYG-Nli3s?si=giKrqTB4q25LZ7_R

DECLINE/FLIGHT FLYES \DIVINE 77@150 pounds

Benchpress 77@414 lb..

Inclinepress 77@379lb.

PuLLover 77@171lb.

Bentoversrows 77@181 lb

Chinup-Pullup MuLti-Set 77@77lb.11@87lb.

Dipping& Reversepushups 77@88 LB ,11@98 LB.

Power&FaILure+Training

DeadLift 13313lb.,6343lb.,3353lb.

Snatch 11@111 pounds

CLeaningJerking 2222 lb.

Powered Cheetah CurLed 16160lb.,11170,7180,4190 lb.

MARTIAL-VARTS✓

MARSHALL-TRIATHLON✓

Squat 16409,15509lb.,14609lb.,13707lb.,11@807lb.

Lunges

77@200 lb.

LegcurLs 77@300 lb.

Legextension 77@600lb.

AnkLes,CaLf,Tiptoes,HeeLs

616@1000lb ,32009,13000lb.

875

Decline or Incline Leg Raises 525✓•°✓×

Pentad Military Set after Jogging Between Exercises,Sets,& Repetitions ✓=

M.D.L.,3 10100,9105,8110,7115LB.,6120LB.,5125,4130,3135LB.,2140,1145 LB.

H.R. P..

10200pounds,9205,8210,7215,6220,5225,4230,3235,2240,1245 lb .

S.D.C.

10300lb.,9305,8310lb.,7315lb.,6329,5335,4345,3355,2365,1375lb.

PLANK

10400lb ,9405,8410,7415lb.,6420,5425,4430,3435,2440,1444lb.

2M.R.

10500lb.,9505,8510,7515,6520,5525,4530,3535,3540,2545,1555 lb.

<https://www.iflscience.com/why-are-there-so-many-shoes-hanging-from-power-lines-79471>

Absolutely, let's break down what **"Workout Smarter, Not Harder"** means, especially in the context of your shared workout routine and the Army fitness requirements.

What Does "Workout Smarter, Not Harder" Mean?

"Workout smarter, not harder" is a fitness philosophy that emphasizes efficiency, safety, and effectiveness over just sheer effort or volume. It's about maximizing your results while minimizing unnecessary strain, risk of injury, and wasted time.

Key Principles:

1. **Quality Over Quantity:**

Doing exercises with perfect form and proper technique is more important than doing more reps or using heavier weights with poor form.

2. **Progressive Overload:**

Gradually increase the intensity, weight, or difficulty of your workouts—don't just pile on more sets or reps without a plan.

3. **Recovery Matters:**

Your muscles grow and adapt during rest, not while you're working out. Smart training includes scheduled rest days and enough sleep.

4. **Variety and Specificity:**

Mix up your exercises to avoid plateaus and overuse injuries, but also tailor your training to your specific goals (strength, endurance, agility, etc.).

5. **Listen to Your Body:**

Pain, fatigue, and poor performance are signs you may need to adjust your training. Don't ignore them.

Applying "Workout Smarter" to Your Routine

Your routine is extremely intense and advanced, featuring high weights, high volume, and a wide variety of exercises. Here's how you can apply the "smarter, not harder" principle:

1. Optimize Volume and Intensity

- **7×7 sets** at near-maximal weights (as in your routine) is extremely taxing and may not be sustainable long-term.
- Consider **periodization**: cycle through phases of high intensity, moderate intensity, and deload weeks to allow recovery.

2. Focus on Form and Range of Motion

- Lifting very heavy (e.g., 414 lb bench, 807 lb squat) is impressive, but only if form is perfect. Otherwise, risk of injury skyrockets.

3. Prioritize Compound Movements

- Exercises like squats, deadlifts, presses, and rows give you the most bang for your buck. Accessory work (curls, extensions) should support—not dominate—your routine.

4. Recovery and Nutrition

- With this volume, **nutrition, hydration, and sleep** are critical. Overtraining can set you back more than undertraining.

5. Track and Adjust

- Use a training log to track progress and spot plateaus or signs of overtraining.
- Adjust your plan based on results, not just effort.

How Does This Relate to Army Fitness?

GoArmy Fitness Requirements focus on:

- **Push-ups, sit-ups, and a 2-mile run** (for the Army Combat Fitness Test, there are more events).
- The Army wants soldiers who are strong, fast, agile, and resilient—not just able to lift the most or train the longest.

Smart training for the Army means:

- Training specifically for the test events.
- Balancing strength, endurance, and mobility.
- Avoiding injury so you can stay in the fight.

In Summary

“Workout smarter, not harder” means:

- Train with a plan, purpose, and attention to recovery.
- Don't just do more—do better.
- Focus on what gives you the best results for your goals, and don't neglect rest or form.

Your routine is hardcore! If you want to keep progressing and stay healthy, consider dialing in on recovery, technique, and targeted progressions so you're not just working harder—but working smarter.

Want help optimizing your routine for your goals? Let me know your main objective (strength, size, endurance, Army test, etc.), and I can help you “train smarter” with a custom plan!

